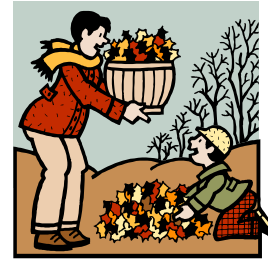


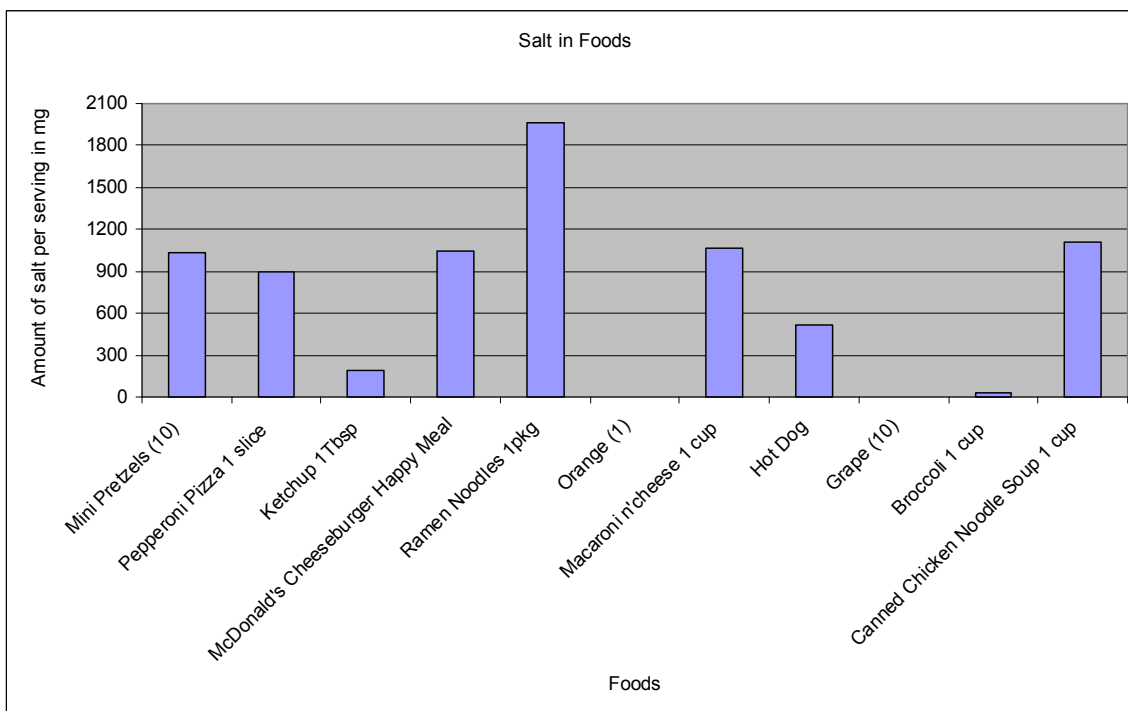
NewsWIC

Fond du Lac County Health Department
Fall 2010



Do you know how much salt you eat in a day? Typically, Americans consume between 2500-5000mg a day. Recommendations are no more than 2300mg a day, or about 1 teaspoon. Eating too much salt (sodium) can lead to high blood pressure, which can lead to heart disease, stroke and kidney disease.

What kinds of foods are high in salt? Convenience foods are high in salt; canned, boxed; anything with a flavor packet inside. Processed meats such as: bacon or sausages, have high amounts of salt. Snack foods like potato chips, pretzels and salted nuts also contain lots of salt. The following chart shows a few foods that we frequently eat and their salt content.



You can control your salt intake by making food from scratch; choosing fresh or unprocessed foods as much as possible. As you can see, fruits and vegetables contain very little, if any salt. A diet rich with fruits and vegetables usually are lower in salt.

Restaurant food and fast food is very high in salt. When eating out, choose items that are described as: fresh, grilled, baked, poached or broiled. Ask for steamed vegetables with no added salt, instead of french fries. Salads should be without croutons, bacon, cheese or olives. Use condiments carefully: soy sauce, ketchup, tomato sauce and gravy have a high salt content.

Breastfeeding Corner:



Check out this fun, new website:

www.bestforbabes.com. Find out which celebrities breastfed their babies and check out who the “champions” for moms are. Get practical information on returning to work.

Discover potential pitfalls and barriers (called “booby traps”) and how to avoid and get past them. Under ‘Checklist’, find out how to get inspired, prepared and empowered to breastfeed in a fun and informative manner. “Best for Babes” can also be found on Facebook and Twitter.



Fond du Lac County Shot Schedule

September

9 (Thurs.) 4:00-6:00, Waupun Hospital
13 (Mon.) 2:00-5:00, City-County Bldg.
20 (Mon.) 4:00-6:00, Mt. Calvary Holy Cross Church
27 (Mon.) 4:00-6:00, City-County Bldg.
29 (Wed.) 4:00-6:00, Ripon High School

October

11 (Mon.) 2:00-5:00, City-County Bldg.
25 (Mon.) 4:00-6:00, City-County Bldg.

November

8 (Mon.) 2:00-5:00, City-County Bldg.
11 (Thurs.) 4:00-6:00, Waupun Hospital
15 (Mon.) 4:00-6:00, Mt. Calvary Holy Cross Church
22 (Mon.) 4:00-6:00, City-County Bldg.
24 (Wed.) 4:00-6:00, Ripon High School

December

13 (Mon.) 2:00-5:00, City-County Bldg.

A shot clinic is held in Fond du Lac **by appointment only** on the **last Wednesday of each month from 8:00-11:30 AM**. To make an appointment or if you have any other questions, please call **929-3085**.

Dealing with Temper Tantrums—What You Can Do...

- Direct your child’s attention to something else. (“Wow, look at that fire engine!”)
- Give your child a choice in small matters. (“Do you want to eat peas or carrots?”)
- Stick to a daily routine that balances fun activities with enough rest and healthy food.
- Anticipate when your child will be disappointed. (“We are going to buy groceries for dinner. We won’t be buying cookies, but you can help me pick out some fruit for later.”)
- Praise your child when he or she shows self-control and expresses feelings with words.

If you cannot prevent the tantrum, here are some tips for dealing with it:

- Say what you expect from your child and have confidence that your child will behave.
- Remain calm; you are a role model for your child.
- Holding your child during a tantrum may help a younger child feel more secure and calm down more quickly.
- Take your child to a quiet place where he or she can calm down safely. Speak softly or play soft music.
- Some children throw tantrums to seek attention; try ignoring the tantrum but pay attention to your child after he or she calms down. Resist overreacting to tantrums, and try to keep your sense of humor 😊.